



CASTLETON COMMUNITY CENTER NEWSLETTER

2108 Main Street, Castleton, VT 05735 castletoncommunitysrs@gmail.com 802-468-3093 **August 2026**

AUGUST ACTIVITIES

10th - August Birthday Lunch (sign up by Aug. 5)

12th - Picnic Lunch - cost \$5 for bag lunch (sign up by Aug. 10)

13th - "Summer Celebration of Older Vermonters" with Bernie Sanders at Castleton University's Pavilion at 4:00pm

19th - Mobile Health Clinic from noon until 2:00pm offering free, non-urgent healthcare for all

22ND ANNUAL CASTLETON COMMUNITY CENTER GOLF OUTING



JOIN US ON THE LINKS AT
LAKE ST. CATHERINE COUNTRY CLUB
FRIDAY, SEPTEMBER 18, 2026

4-PERSON SCRAMBLE SHOTGUN START
AT 1:00pm

\$115/PERSON INCLUDES GREEN'S FEES,
CART, GOODIE BAG, LUNCH, AFTER PLAY
HORS D'OEUVRES & PRIZES

CALL 802-468-3093

New Alzheimer's Support Group

In response to a successful group in Rutland, Community Health has added a second support group meeting in Castleton every other month on the 3rd Tuesday at Community Health Castleton, 275 Route 30 North. The August 18th meeting begins at 4pm. Caregivers and family members are invited to share feelings, thoughts and experiences.

Have questions? Contact Kelsey Bathalon at 802-779-2255



A Special Thank You to Charlie Brown and Brown's Quarry for the donation of gravel for the Center's parking lot across the street from the building. Charlie's continued support of the Center is greatly appreciated.

Blood Pressure Checks with SASH

Laura Medlin, RN
August 21, 2026
9:30am-11:30am



This program will be held every third Friday.



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The Center is in need of some help weeding the flowerbeds and garden. If you can give a few minutes of your time, please call the Center. We will let you know where the help is most needed.

Hours of Operation: Monday through Thursday 8:30a to 3:30p & Friday 8:30a to 12:30p

The Castleton Community Seniors, Inc. provides equal opportunity in programs and employment.

CASTLETON U.S.HISTORY SERIES

(Free and beginning at 7PM at the Lake Bomoseen Lodge)

Celebrating the Nation's Founding by Learning about Our Past

August 5 - John Ragosta

"The Revolutionary Underpinnings of Religious Freedom"

August 26 - Andre Fleche

"Myths about the Revolutionary Period"

September 16 - Matt Moriarty

"History Underfoot: What Archeology Can Teach Us about the Past"

October 21 - Jon Spiro

"The Entrenchment of Slavery in the U.S."

November 12 - Jim Douglas

"What Have Vermonters Contributed to the Nation?"

Sponsored by the Castleton Town Democratic Committee



"Walk to Australia"

Send your hours to the Center to be recorded.
June 1st through December 15th
So far 307 miles have been recorded.



Center Activities

Registration **REQUIRED** for all activities.
Newsletters available at the center or on our website at www.castletoncsi.org.

TAKE NOTE – (Fun & Friendly Singing Group) Wednesdays, 11am-12pm. Led by Mekenok. Enjoy music, connecting with others, and share the joy of singing? No auditions, no-pressure environment. We sing a mix of popular tunes and favorites requested by our group. **No classes until after Labor Day 2026.**

GUITAR GROUP - Beginner Guitar: Mondays, 10:00am /After Class: 11:00am Class focuses on making learning easy and enjoyable with guitar basics, familiar songs, friendship, and fun! Bring your acoustic guitar (if you have one!) **No classes until after Labor Day 2026.**

MAHJONG (American) - Tuesdays (beginner) and Thursdays (play) from 1:00pm-3:00pm in the Center Library. Tile-based game developed in China-popular worldwide!

UKULELE BAND - Every first and third Thursday, 6:00pm-7:30pm in the Wellness Center. Beginners are welcome! We have ukuleles to loan. If you already play, come and strum along. For information contact Debby Franzoni (deb.franzoni@gmail.com) or Mike Blust (mhblust@gmail.com)

KNITTERS NETWORK - Mondays at the Castleton Meadows Community Room & Thursdays at the Castleton Community Center Library at 9:30am. All Ages welcome!

SEWING CIRCLE - Tuesdays, 10:00am-12:00pm. Variety of projects including quilting, needle point, or rug hooking. The group includes many experienced crafters who can lend support and inspiration! **No Classes until September**

CREATIVE WRITING WORKSHOP -

Tuesdays, 3pm-4:30pm Led by Professor Emerita Joyce Thomas, Meet in the Dining Room. Great opportunity to share and polish your writing, whether fiction, poetry, memoir, or more. **Canceled until Sept.**

GREAT COURSES "Ordinary Americans in the Revolution" This course is offered both in person at the Community Center and via Zoom on Wednesdays from 1:30 to 3:00. Programs begin with a 30 minute video, followed by a lively discussion among participants and facilitated by Joe Mark. To receive the Zoom link, be sure to register by calling the Center (802-468-3093) This class will not meet on 7/1, 7/15, & 7/22.

LET'S GET MOVING!

TAI CHI

SUN Style Sort Form

Mondays 9:00 beginning July 13 for 8 weeks
Beginner class, Fall prevention & arthritis, call the Center to register



Nam Hoa Qigong

Thursdays 10:15

Energy workout, Longevity tree, Tiger and Dragon

Yang Style

Thursdays 11:00

Yang 24, Diabetes form and 8 Pieces of Brocade

Sun Style

Thursdays 11:30

Funamental Exercises, Fall Prevention Tia Chi and Sun 73

Kayak Club:

Please email Jeff Schroeder if you want to join.
gobrownies@comcast.net



COMPUTER HELP IS HERE

Rich Byrne has taught computer technology classes for seniors and is offering his services. He is available to answer your questions or to help you gain more confidence in operating your digital devices. Call to make an appointment.

COFFEE HOUR

Fridays from 9:00am-11:00am. Join us for homemade goodies, hot brew and good company. Please come and enjoy –All are welcome!

**KINDLY REGISTER FOR ALL PROGRAMS AND CLASSES.
SPACE IS LIMITED.
PLEASE CALL (802) 468-3093**



Eat Smart, Move More, and Weigh Less

Call or email the Center to receive the FREE link.
Space is limited for coupon links!

Bone Builders

Option 1: Tuesdays & Thursdays 9:00-10:00 at the Center.

This Osteoporosis Prevention Exercise Program provides strength training and balance exercises that can help prevent, reverse or alleviate osteoporosis symptoms. Call

468-3093 to pre-register. Class size is limited.

Option 2: On PEGTV Channel 1075 "On Demand" Tuesday 8:30am and Saturday 10:00am

Option 3: You can do a virtual Bone Builders class with Pat Facey of RSVP via You Tube video. Go to www.volunteersinvt.org and scroll down to find the Bone Builder's online class.



LINE DANCE

Tuesdays 12:30pm-1:30pm

All levels welcome. Led by Diane Baker.



BETTER BALANCE

Mon., Wed & Fri 10:30-11:30

This program, designed to help prevent falls, is for men and women of any ability level.



YOGA - Wednesdays, 8:30am

Call Christine Brown to register. All levels welcome. Call (802) 273-2078. Fee:\$5.00 per class.

ESSETRICS Strength and Stretch

Wednesdays 9:30am Fee:\$12 per

class or \$60 for 5 week session

Space is limited. Call/Email to register.

Phone: (802) 287-6627 Email:

dianes.essentrics@gmail.com



August 2026



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 7:30 AA-DR	3 10:30 Better Balance-WC 12:00 Lunch-DR	4 9:00 Bone Builders-WC 2:30 Line Dancing 1:00 Mahjong(beg)- L 3:00 Creative Writing-DR postponed until Sept	5 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 12:00 Lunch-DR 1:30 Great Courses-DR	6 9:00 Bone Builders-WC 9:30 Knitters- L 10:15 Nam Hoa Qigong-WC 11:00 Yang Style-WC 11:30 Sun Style-WC 1:00 Mahjong (play)- L 6:00 Ukulele- WC	7 9:00 Coffee Hour-DR 10:30 Better Balance-WC	8
9 7:30 AA-DR	10 10:30 Better Balance-WC 12:00 Lunch-DR	11 9:00 Bone Builders-WC 9:00 CCC Board meeting-DR 11:00 Program Committee meeting-DR 12:30 Line Dancing 1:00 Mahjong(beg)- L 3:00 Creative Writing-DR postponed until Sept.	12 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 12:00 Lunch-DR 1:30 Great Courses-DR	13 9:00 Bone Builders-WC 9:30 Knitters- L 10:15 Nam Hoa Qigong-WC 11:00 Yang Style-WC 11:30 Sun Style- WC 1:00 Mahjong (play)- L	14 9:00 Coffee Hour-DR 10:30 Better Balance-WC	15
16 7:30 AA-DR	17 9:00 SUN Style Short Form - WC 10:30 Better Balance-WC 12:00 Lunch-DR	18 9:00 Bone Builders-WC 12:30 Line Dancing- WC 1:00 Mahjong (beg)- L 3:00 Creative Writing-DR postponed until Sept	19 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 12:00 Lunch-DR 1:30 Great Courses-DR	20 9:00 Bone Builders-WC 9:30 Knitters- L 10:15 Nam Hoa Qigong-WC 11:00 Yang Style- WC 11:30 Sun Style- WC 1:00 Mahjong (play)- L 6:00 Ukulele- WC	21 9:00 Coffee Hour-DR 9:30 - 11:00 Blood Pressure Checks 10:30 Better Balance-WC	22
23 7:30 AA-DR	24 9:00 SUN Style Short Form- WC 10:30 Better Balance-WC 12:00 Lunch-DR	25 9:00 Bone Builders-WC 12:30 Line Dancing- WC 1:00 Mahjong (beg)- L 3:00 Creative Writing-DR postponed until Sept.	26 8:30 Yoga-WC 9:30 Essentrics-DR 10:30 Better Balance-WC 12:00 Lunch-DR 1:30 Great Courses-DR	27 9:00 Bone Builders-WC 9:30 Knitters- L 10:15 Nam Hoa Qigong-WC 11:00 Yang Style- WC 11:30 Sun Style- WC 1:00 Mahjong (play)- L	28 9:00 Coffee Hour- DR 10:30 Better Balance-WC	29
30 7:30 AA-DR	31 9:00 SUN Style Short Form- WC 10:30 Better Balance-WC 12:00 Lunch-DR	Please refer to the program descriptions for details.				DR=Dining Room WC=Wellness Center L=Library CR=Conference Room

Free Vision Screening

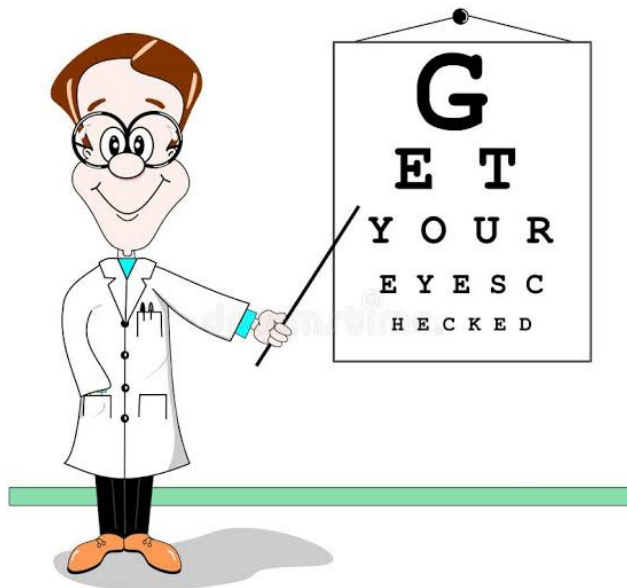
On Saturday, August 29, 2026, from 12noon-2pm, the Vermont Association for the Blind and Visually Impaired (VABVI), partnered with the Castleton Lions Club and UVM Medical Center Eye Care Providers, will offer a free public vision screening at the Castleton Community Center.

During this event, distance and near vision will be screened with the Castleton Lions. A printed report will be given. The report is reviewed and discussed with the UVM staff, at which time a few more checks will be completed that include testing for Glaucoma, Cataracts, and Dry Eye.

If reading glasses are needed, VABVI will have these available without cost. VABVI will have information on the services they can provide. If more serious vision issues are identified, follow up with an eye care physician will be recommended.

Please visit this vision screening. We look forward to seeing you there.

For more information, you may contact Lion Patricia Schroeder at topsun@comcast.net or call 802-558-7449.



August Menu

Come to the Center Dining Room for Good Food, Fellowship & Fun.

Mondays and Wednesdays at 12pm

Call (802) 468-3093 to Register

Monday meals call to reserve by 9:30am Thursday

Wednesday meals Call to reserve by 9:30am Monday.

Suggested donation: \$5.00 Guest fee: \$8.00—under 60 years old

Monday 8/3	Wednesday 8/5
Meatballs w/ honey ginger sauce Home fries Mixed vegetables Whole wheat bread Pears	Beef bowtie lasagna Harvard beets Italian bread Pineapple tidbits
Monday 8/10 Riblet Confetti rice Mixed vegetables Whole wheat bread CHOCOLATE BIRTHDAY CAKE	Wednesday 8/12 PICNIC BAG LUNCH Turkey, bacon & cheese w/lettuce on a kaiser roll (mayo p.c.) Coleslaw Bag of chips Chocolate Chip cookie
Monday 8/17	Wednesday 8/19
Egg salad Carrot raisin salad Pasta salad w/ mix veg Whole wheat bread Apricot halves	Pork carnitas Pinto beans Cheddar cheese Spanish rice Flour tortilla – 2 each Applesauce
Monday 8/24	Wednesday 8/26
Turkey burger w/ cheese Chuckwagon corn Baked beans Wheat hamburger bun Scalloped apples Ketchup p.c. Mustard p.c.	Turkey & ham chef salad Kidney bean salad Whole wheat bread Snickerdoodle
Monday 8/31	The Community Center congregate meal service provides nutritious meals and opportunities for socialization—essential parts of a healthy lifestyle. Please join us! For at home meals contact Meals on Wheels Program—Southwestern Vermont Council on Aging. 1-800-642-5119 OR 802-786-5990.

A Birthday Wish From Castleton Community

Seniors:

Wishing you a day filled with happiness and a year filled with joy.

**Birthday Lunch is on
Gifts for birthday guy/gal and
chance to win 50/50 raffle!
Call to make your reservation.**

August Birthdays

Gisela Baumann
Sue Day
Judi Brownell
Rosanna Seward
Pam Hidde
Lenny Lapon
Margaret Nadeau
Carol Thompson
Tom Drew
Lynda Thomas
Lori Barker
Roy Litchfield
PamEmmons
Sharon Ryan
Joseph Wolons
Shona Marston
David Skidmore/Eaton
Peggy Ackerman
Cynthia Eaton
Cheryl Raymond
Gordon Tifft
Joan Smith
Kathy Jensen
Gladys Sharp
Jacquelyn Marston
Chris Bales
Gail Shaw
Kelly Kelsey
Mary Lynn Lemmo
Clem Levesque
Robin Mealey
Stephen Johnson
Carol Crawley
Jean Davis
Rosemarie Herbert
Phyllis Blanchard
Judy Egner
Pam Brown



**Our Website is under
construction,
<https://castletoncsi.org>
We will be updating it soon.**



WINNINGS INCLUDE

Blue Cat-dinner
for 2

Birdseye Diner-
dinner for 2

Castleton Pizza
Place
& Deli-2 large
cheese pizzas

Hannaford's-gift
card

Durfee's-gift card

Aubuchon's-gift
card

Shaw's-gift card

Price Chopper-gift
card

Kinney Drug-gift
card

Prunier's-gift card

SHOPPING SPREE RAFFLE
MULTIPLE CHANCES TO WIN
GIFT CARDS FROM LOCAL BUSINESSES
To Benefit Castleton Community Seniors Wellness Programs
& Services
2108 Main St., Castleton, VT 05735
Drawing Wednesday, September 30, 2026

\$2.00 ea

3 for \$5.00

9 for \$10

NAME

PHONE NUMBER

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AUGUST & SEPTEMBER FUNDRAISING ACTIVITY

HERE IS YOUR CHANCE TO WIN SOME GREAT GIFT CARDS/
CERTIFICATES FROM OUR LOCAL BUSINESSES



BUY ONE RAFFLE TICKET FOR \$2.00
OR
BUY THREE RAFFLE TICKETS FOR \$5.00
OR
BUY NINE RAFFLE TICKETS FOR \$10.00



Name _____
Address _____
Town of residence _____
Birthdays (optional) _____
E-mail _____
Phone _____
Date _____

Membership is not required to participate in any of our programs or services.

1. _____ Standard membership
Individual \$20.00
Couple \$30.00
Benefits include: Mailed Newsletter and voting rights

2. _____ Life membership
Individual \$200.00
Couple \$250.00
Benefits include: Mailed Newsletter, voting rights, and use of meeting rooms.

I/we would like to register as a _____ new member or _____ renew my membership as follows:



Castleton Community Seniors Membership



January 1, 2026 to December 31, 2026

Our Mission

The Castleton Community Seniors, Inc. shall enrich the lives of the residents of the greater Castleton area, particularly seniors, by providing education, recreation, communication, health and social opportunities.

Our History

The Castleton Community Center was The Homestead for generations of the Gibbs family. It was donated to the town in 1996 by The Alma Gibbs Donchian Foundation

Our Spirit of Community

Community is the ability of a group of people, regardless of their diverse backgrounds, to accept and transcend their differences and create an environment of acceptance and caring for others. It's people helping people.

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Castleton Community Seniors, Inc.
2108 Main Street
Castleton, VT 05735

